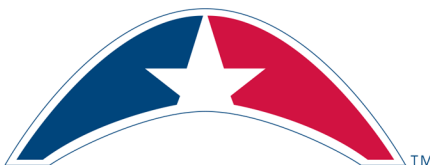


EXTENDED HOLIDAY OFFER: ENDS 1-1-16

Commonwealth. Common Interests.

The Commonwealth wants you to be healthy. We want you to be healthy!
That's why AFF has partnered with the Commonwealth to offer you this special opportunity
to join the areas premiere fitness centers. For a limited time Commonwealth employees
will receive an **additional \$5 off of your monthly corporate rate.**

Contact any AFF location to learn more.



AMERICAN FAMILY FITNESS

Ends 1-1-16. Must show state employee ID.



Join the Family

American Family Fitness has been Richmond-owned and operated since 1988. We now have nine, 24-hour locations serving Richmond, Colonial Heights and Fredericksburg. Here are a few high-lights of membership with us. Please contact any of our locations to schedule a tour and experience first-hand why you belong here.

Free & Mechanical Weights

Cardiovascular Training

KidZone & Teen Programs

Court Sports

Camps for Kids & Adults

Hundreds of Group-Exercise
Classes Each Week

Personal Training

Aquatics & Swim Lessons

Weight Loss Programs

Registered Dietitian

Tanning & Massage

Cafe & Health Supplements

*amenities vary by location

Every AFF Member Is Offered A One-Hour Consultation With A Certified Personal Trainer, Including...

- ✓ Personalized Goal Setting
- ✓ Functional Movement Screen
- ✓ Target Heart-Rate Training Zones
- ✓ Professional Recommendation



AMERICAN FAMILY FITNESS™

CHESTER 748-4222 | COLONIAL HEIGHTS 520-7000

FREDERICKSBURG (540) 898-6111 | MECHANICSVILLE 569-1600

MIDLOTHIAN 378-7667 | SHORT PUMP 364-1200

SWIFT CREEK 763-1111 | VIRGINIA CENTER COMMONS 261-1000

WILLIAMSBURG (757) 258-3111 | **AMFAMFIT.COM**